



Conestoga College, Kitchener, Ontario, Monday, Feb. 6, 1984.

Alarm system proposed

Following the break and enter which occurred Sunday morning at Conestoga College's Cambridge Campus, Chairman Harvey Hutton said that an alarm security system should be installed in the school.

Hutton estimated that there was about \$3,000 damage in the break-in in which four vending machines were damaged, 10 to 20 locks were pulled off lockers, windows were smashed, a dial on a safe was broken and change from the food and soft drink machines was taken. It was the fifth break-in at the campus.

He said that after a previous break-in, mullions had been put on the double doors leading into the campus to prevent intruders from slipping a coat hanger through the slit between the doors and pushing the crash bar down. This proved useless because the intruders broke a window and entered the building.

Rick Brine, branch manager of Hudson Bay Vending, the company that owns and operates the vending machines said "it is obvious that Conestoga College or Hudson Bay Vending should put some security system in." Yet he added that it was premature for the company to make a decision on the matter.

Hutton feels that it would solve a lot of problems if students bought a lunch that could be warmed up on the school's microwave oven or they could eat at any one of the restaurants on Highway 24.

Guelph tutoring program

The peer tutoring program which started at the Guelph campus of Conestoga College on Nov. 7, 1983 has rapidly caught on with students said Joyce Uberig, manager of support services.

The tutoring program gives students who are having difficulty in school, the tutoring services of a fellow student.

Contracts between 23 students and their tutors have been established since the program began. Students pay five dollars for a 10-hour contract. The tutors are paid \$3.50 an hour.

Ron Waddell, a light industrial maintenance student tutored by Barry Jenkins in algebra said the program has helped him in an area in which he was having difficulty.

Uberig said she is going to evaluate the peer tutoring program every six months to monitor its success.



Camping out has its advantages!!

Spoke/Patricia Derry

Students camp for cash

by Timothy Payne

Norm Bertrand and Paul Buttinger ended their 100-hour arctic survival camp Thursday with over \$1,400 to show for their efforts.

The end of the event was highlighted with Buttinger's dive into the icy depths of the pond during the polar plunge. The two men continued their celebrations at the Glider pub before leaving for Quebec's Winter Carnival.

Buttinger and Bertrand had become a familiar sight to cafeteria patrons, but "All too Familiar," said Bertrand. "By the end of the survival nobody seemed to care too much. At the ceremony in the cafeteria no one participated. They seemed to be saying what are they up to now."

However, that was the only disappointment to come out of the survival which has left an impression on the partici-

pants.

"The arctic survival will go down as one of my life's accomplishments" said Bertrand. "The motive was to raise school spirit and some money in the meantime. I think it really paid off."

However, everything wasn't as easy as it appeared to be according to Bertrand. "We spent nine hours on Monday building our makeshift quincy," he said. "Then after spending most of the night just getting used to our new surroundings we woke up to a terrible Monday morning. It was really hard getting out of warm sleeping bags and getting into cold clothes. We learned to dread the mornings from then on."

Nightly visits from friends were always welcomed, but the gesture by Bensen's restaurant in helping the two to celebrate reaching the halfway point was most reward-

ing.

"It was much more than we expected," said Bertrand. "It made us feel we were really doing something worthwhile." Bertrand hopes that students in the future will see fit to attempt other arctic survivals in the future. To offer assistance, both men have put together an Arctic Survival Handbook. Some of the suggestions include the use of an armchair to help the camper think summer, a staring contest with curious rabbits and extreme caution when dealing with the feared Albino moose.

To combat the cold nights, one should "shoot the bull" until it's piled nice and high. Don't get too cozy though because a dive in the polar plunge is the ultimate end.

CKCO television was on hand to cover the dismantling camp and will feature Bertrand and Buttinger in its news review Sunday.

Vacation ordeal

Lorraine Garner brought back more than a golden tan from her winter vacation in the south. The employment and benefits officer from Doon campus also acquired a heightened regard for freedom and communication.

Garner, one of a tour group of 145 people, flew to Cuba via Air Cubana Jan. 14, for a week's holiday.

On Jan. 21, the group boarded a plane to return to Toronto and the flight from Camaguey, Cuba departed on schedule.

"About 20 minutes from Toronto, there was an announcement made. A man came on the intercom and said 'This is a Canadian speaking and this is not a joke. We are having technical difficulties and we are returning to Havana,'" recalled Garner.

Passengers were initially very concerned about the "technical difficulties", fearing the plane had sustained a mechanical failure. One passenger suffered a minor heart attack said Garner.

Flight attendants on the Russian-built, Air Cubana plane spoke no English and no further explanations were given.

After a one-hour wait at the Havana airport, the passengers were transported to accommodations at two area hotels.

At 12:45 a.m. Sunday, the group again boarded buses and returned to the airport "through four red lights", only to sit and wait. Finally at 6:00 a.m., they were escorted to a Canadian chartered flight and returned home without further incident.

"I never felt physically threatened but nobody told us anything," said Garner who felt the situation carried political overtones.

One of the passengers contacted the Canadian embassy in Cuba and was told that these occurrences have been frequent since the Korean aircraft was shot down last year over the Sea of Japan.

"Cuba was a wonderful place for a vacation," said Garner, "but I would never go back simply because you never know if you are going to get out of the country."

Inside

Low cost but romantic

A guide to cooking a great meal for that special someone on Valentine's Day. Page 3

Silkwood Review

Meryl Streep's performance with an excellent supporting cast captivates the audience in Silkwood. Page 6



The Rose Lady

Polar Party '84

A full page spread highlighting the Winter Carnival. Page 4

Fat Syndrome

For people counting calories, here's a story you can sink your teeth into. Page 12

Lost and found

The Security department, Doon Campus, is getting rid of all the unclaimed articles in its lost-and-found dept. in an "everything sale," Feb. 7.

Calculators, rings, binders and anything else unclaimed over the last year will be sold on a table in front of the security office.

Proceeds from the sale go towards the Al Logan Memorial Award. The Award is presented annually to the student showing the most significant contribution to the community spirit of Conestoga College.

Spoke

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Assistant managing editor: Tricia Hermitage, Thadeus Zebroski
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Mulroney puts Pope on hold

So Brian Mulroney postponed his all-important European trip to be in Canada when Finance Minister Marc Lalonde presents the 1984 budget.

Now that's my kind of leader. He has got his priorities straight. Canada places second to none. Not to Pope John Paul II who will be paying the greatest Papal visit in the history of the country; not to Margaret "Iron Lady" Thatcher, not to Francois Mitterand. Even Yuri Andropov bearing world peace proposals would have been put off if he were on the list of people to be visited by the PC leader later this month.

Without waiting to see what might have been worked out by the Liberals in regards to a new date, Mulroney acted like a hurt adolescent going into an inexcusable tantrum.

Of course, Canadians will remember their national affairs taking precedence over such a trip, especially when the appearance given is that the Liberals were deliberately trying to snuff the Conservatives by pulling a fast one.

Some Canadians fell for it too, but there must be thousands of others who have looked at it with skepticism.

Drunk drivers created equal

It's good to see that feet are finally coming down on impaired drivers. Judge Jack McCormick's decision on January 27, to put Doug Wallace behind bars for nine months on an impaired driving charge was a move that should occur more often in the courts.

Wallace was driving a car which fatally injured Sylvan Dobias while she was riding her bicycle home from work in June. Wallace who was convicted of impaired driving in 1981, had been bar hopping before the accident and breathalyzer tests indicated he had a blood alcohol level which was twice the legal limit.

Evidence at Wallace's trial showed that he was an excellent salesman for IBM and had a good background.

Judge McCormick's decision to put Wallace in jail despite his good history should be applauded. Maybe the case will cause all drinkers, including businessmen, to think twice before they get behind the wheel after a night on the town.

County Judge doesn't rate

On a scale of one to 10, Ontario County Judge Bruce Hawkins rated Leonard Sisson's rape a two. No wonder the country's women have started protest and rightly so. This unbecoming behaviour has no place whatsoever in the country's courts.

Even worse, Judge Hawkins went on to give his opinion as to what constitutes the perfect rape. "A young woman is abducted and taken away to a remote area and spends a week-end or a week of terror and is sodomized and beaten by more than one assailant ... call that a 10."

Oddly enough, The Ontario Status of Women Council has conducted only three inquiries into complaints of judicial misconduct since it was created in 1971. Tsk tsk Judge Hawkins, this doesn't look too good on you does it? This shows there are only a few court jesters who need to be weeded out of the system; thank you very much for coming forward. Now we shall wait and see what the office of Federal Justice Mark MacGuigan does about this tasteless behaviour.

Tricks aren't just for kids

Fortunately, Kitchener doesn't suffer the social conditions which solicit prostitution.

Higher crime rates in affected districts, increased static between residents and prostitutes, and higher noise levels trouble Canadian cities such as Toronto, Calgary, and Vancouver.

Recently in Vancouver though, a group called the Alliance for the Safety of Prostitutes has been receiving media coverage in its quest for the protection of prostitutes' interests.

Prostitutes are predominantly working class women, most of whom were sexually abused as children. They are denied adequate welfare assistance, job training, and affordable housing.

Fine upstanding citizens like to view prostitutes as people with a choice. On the contrary, it is a decision, but it's a last resort.

If programs were devised to solve situations that lead to the decision some take to become prostitutes, perhaps prostitution wouldn't flourish in some areas as it now does.

CHESTER



Question of the week

Chameleons at Guelph

Have you ever wanted to be famous? Perhaps a movie or rock star, or even a great athlete.

Students at Guelph campus were asked this question, and gave away the identities of people they most admire.

Daphni Rayner said if she could she'd like to be Kathryn Hepburn because, "Hepburn is classy and famous but has grown old gracefully." Rayner added Hepburn right now is probably at a warm little villa location either swimming or riding in the sunshine.

Jimmy Connors is who I'd like to be, said Chris Bell a Material Management student. Bell added he likes tennis and even though Connors is getting out of the game, Connors is probably investing all his money now from his years of winning.

Patricia Della Penna said she'd want to be a young Joan Crawford because the actress was flamboyant and outspoken.

Darko Lukina, said he'd like to be Angus Young, lead guitarist for AC/DC because Young is his favourite guitarist and because of all the money Young has. Lukina later added that he wouldn't mind being Hugh Hefner either because of all the beautiful women Hefner has.

A group of Material Management student all said

they'd like to be the winner of the last giant 6/49 lottery jackpot. But, Koulis Kyriakou, Alex Howath, Tony Piotto, and Jim Wagler agreed they would split the money if they won.

Ms. J. Hale, a R & A student contemplated the question and answered that she is "quite satisfied and happy with her life and wouldn't be anybody but herself."



Daphni Rayner



Patricia Della Penna

Letters to the editor

Inexcusable

First off, the decision to hire Beta Photography was not made by the Yearbook Committee but rather by your own DSA; therefore your 'overpricing' complaints should be forwarded to them and not towards the Yearbook Committee; perhaps the lack of research on the part of 3B02 was the cause for such a false accusation.

Secondly, all of the students in the business division were notified well in advance of not only the photographer but also of the prices. As no one voiced a complaint the plans went ahead; perhaps an active interest in your own school by becoming involved could have eliminated this problem. It is easy to criticize the work of theirs but how many students in 3B02 even worked on the Yearbook?

Thirdly, no one was forced to have their graduation photo taken, this was completely

optional and it is apparent that this option was exercised because it has come to our attention that one of the individuals responsible for the letter to the editor did not even have his grad photo taken!

But all these points aside, this is not the main complaint of 3B01, it is the fact that not one member of our class was consulted before our number was signed to that letter. This is both inexcusable and intolerable and we will take absolutely no responsibility.

To the entire Yearbook Committee our sincerest apologies and to those responsible, if out of nothing but sheer consideration for fellow students please, FIGHT YOUR OWN BATTLES!

3B01
Lori Goodwin
Management

High quality

With regards to last weeks

letter to the editor, I express my concern on behalf of the Doon Student Association. Firstly, the DSA is fully responsible for the graduating photographer, not the business yearbook committee.

A great deal of time was taken in interviewing several local and not so local photography companies during the summer months and early September. The DSA executive members believed that students would want high-quality pictures taken under the direction of a Master of Photographic Art for such a special occasion such as graduation. After comparing several companies, the London company met all the requirements that students (we hoped) would appreciate. After careful consideration, this company was found to be the most suitable with quality and with quality and with competitive prices.

Jacqueline Matthews
DSA President

Simple secrets to spark romance

by Audrey Wicken

With Valentine's Day just a week away it is a good time to invite that special someone to dinner. Traditionally, cooking a great meal would take all day, but with these easy inexpensive recipes most of the preparation can be completed the night before and it will only take a little over an hour before dinner to prepare the rest.

The secret of an elegant leisurely meal is a succession of courses on the menu. Between each course there is time to relax and enjoy each other's company.

When shopping, the most inexpensive approach is to buy bulk foods. Bulk food buying enables you to buy only the amount which is absolutely necessary. Also by using the same foods in a variety of ways you will cut down on the cost of preparing the meal. For example in the following recipes the French Dressing is used in three different ways: as a salad dressing; as a marinade for the meat; and as a sauce on the stuffed mushrooms. One box of Lipton's French Onion Soup mix has two packages. One package is used for the soup and a portion of the other is used for the main course.

Before shopping be sure to check your cupboards so that you do not buy things you already have.

All foods marked with an *(asterisk) in this article can be purchased in bulk.

The first course is hors d'oeuvres and these little tidbits will make a great beginning.

STUFFED MUSHROOMS

8 mushrooms
Stuffing:
½ slice bread made into crumbs.
chop - 1 slice of cooked ham*
4 olives*
2 walnuts*

Wash mushrooms (add a few drops of vinegar or lemon juice to wash water so that the mushrooms will stay white), let drain, and remove stems.

Mix chopped food and bread crumbs together. Add a few drops of either tabasco sauce or soy sauce (the next time you order Chinese food save the little packages that you do not use). Stuff mushrooms, cover, and refrigerate overnight.

Fifteen minutes before your company arrives top with ½ cup of French Dressing mixed with 1 tablespoon of ketchup.

SEAFOOD BITS

One of the newest products on the market is seafood legs: a mixture of fish and crab meat molded into uniform, one ounce servings. They are the same shape as bread sticks and they are precooked.

2 seafood legs*
2 tablespoons of ketchup
¼ teaspoon currie*

Cut each seafood leg into 4 pieces. Add currie to ketchup and mix. Place sauce in the middle of a lettuce leaf, arrange seafood legs around sauce, and supply toothpicks. Olives and pickles may also



be served with this course.
FRENCH ONION SOUP GRATINEE

This soup can be prepared the night before and only the cheese and French bread added at the last minute.

1 medium onion (chopped)
1 package Lipton's French Onion Soup mix
1 tablespoon butter
2 tablespoons sherry or wine
2 slices French bread
2 slices Gruyere cheese*

Sautee onions in butter over low heat until golden. Make soup according to package directions, add onions, cool, and refrigerate. One half hour before dinner heat soup, add sherry or wine, and simmer slowly. Butter the French bread and top with cheese. Place in oven until cheese is melted. The secret to good onion soup is to serve it piping hot. If you have oven proof dishes pour soup into bowls, add bread, and cheese and put in oven for five minutes.

SHADES O'GREEN SALAD

The art of making good salad is properly prepared greens. Choose either Romaine, iceberg, or leaf lettuce, or a combination of all. Spinach may be added also. The night before wash lettuce and remove excess water by shaking greens in a clean dish towel (do not pat lettuce dry because this will bruise it). Wrap in paper towels and put in a plastic bag overnight. Add your choice of vegetables. Cucumbers, radishes, celery, green onions, and mung beans* or alfalfa sprouts* all add delight to a salad.

French Dressing
¾ cup salad oil
¼ cup lemon juice
¾ teaspoon salt
¼ teaspoon each pepper, paprika*, and dry mustard*

Combine the above ingredients in a screw-top jar. Cover tightly and shake well. Store overnight in refrigerator. Shake well before using. Add dressing to salad at the dinner table. It is always a nice touch.

Sliced French Bread (flute or beggette) should also be placed on the table at this point.

Bon Appetit

PORK STEAKS WITH APPLE STUFFING

This winter the supermarkets have had good buys on pork. Pork steaks are reasonably priced and melt in your mouth when marinated the night before.

2 pork steaks (fat trimmed off edge)
Apple stuffing
1 cup toasted bread cubed
½ cup chopped pared apples* (add 1 teaspoon of lemon juice)
¼ cup seedless raisins*
¼ cup celery
¼ cup chopped onions
¼ teaspoon salt
¼ teaspoon poultry seasoning*
dash pepper
¼ package of Lipton onion soup mix
½ cup boiling water

Marinate pork steaks in ½ cup French Dressing and refrigerate overnight.

Mix stuffing ingredients together (except water) and refrigerate.

One hour before dinner brown steaks in a tablespoon of butter. Top with dressing after you have added water, and add 2 slices of unpared apple to the tops. Cover with foil and bake in oven at 350 F.

MINTED PEAS
1 package or 1 cup frozen peas
½ teaspoon peppermint tea leaves*
dab butter

Follow package directions and add tea to the water. Dab with a pat of butter.

BLUEBERRY HEAVEN

This dessert is as light as a cloud and a perfect end to a meal. It can also be made the night before.

1 package Dream Whip or a small container of Cool Whip topping
1 cup ice cream* (softened)
½ cup blueberry pie filling*

Mix topping and ice cream together. Using either parfait or wine glasses alternate layers of topping and blueberries until glasses are full. Save a dab of topping for a finishing touch. Keep in freezer until you sit down for the first course.

Express love in Spoke

Here is your chance to let that special someone know how you feel.

In next week's issue of Spoke, February 13, we will run your 'Valentine Messages for that special someone.'

From Monday through Thursday this week, messages can be brought to the Spoke office.

As long as they are neatly typed or printed, and no more than six lines each, we will let your lover, friend or teacher, know how you feel.

Be sure to sign or initial your message.

If nothing else, it will be cheaper than sending a card!

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11:30 - 1:30

Each Tuesday
in February

Feb. 7

"Sweats Daze" - Everyone is encouraged to wear a sweat suit.

"Cross Country Skiing" - Try it, one lap around the pond earns you a free hot chocolate.

"Skating on the Pond" - Weather permitting

"Fitness Activities" - 10 minute fitness sessions in the Caf. at 11:20, 12:20, 1:20

Feb. 14

"Sweats Daze"

"Cross Country Skiing"

"Skating on the Pond"

"Valentine Daze" - CXL radio remote in the cafeteria - requests for dedications made to your favorite valentine / Flowers for sale

Feb. 21

"Sweat Daze"

"Cross Country Skiing"

"Skating on the Pond"

"Crazy Daze" - Who's got the craziest class at Conestoga College? Get your group together to involve as many students as possible in a fun activity.

Winter Carnival Madness



by Sandy Osborne

It was a wild week,
with banana mashers,
mean trikers, daring
divers, determined tuggers
and foosball fools. And
still time for a smile.





Glider rocked the pub with the finishing song *Bohemian Rhapsody* by Queen.

Spoke/Christine Sinding



Conestoga raffle winner will be warm during Quebec's Winter Carnival

Spoke/Christine Sinding

College wraps up Winter Carnival

Conestoga's Winter Carnival ended at 12 midnight, last Thursday, when students loaded into 3 buses en route to Quebec City and yet another winter carnival.

"We're all up for the trip," said Condors captain, D.D. Thompson, "It's one of the best times we have."

Thompson added, "We need to get away from school. It's the right time of year."

The mood certainly was "up" at the El Condor pub on

Thursday night. Glider was back (they last played September, '83) doing the same material that has made them a successful bar band. The dance floor was crowded from the beginning and stayed that way.

Conestoga likes Glider. The band and the audience were made for each other, both being of high energy.

"We're coming into the almost perfect situation," said Grant Cummings, bassist, referring to the excitement in the

crowd.

"This pub is always packed," said Cummings. "At college pubs people are there to have a good time, not to pass time," he said.

Cummings enjoys playing pubs more than bars. He said people are usually at a pub because they want to be there.

Glider's popularity rests on their ability to play recognizable songs well; songs we hear 20 times a day on AM radio.

As in McDonald's restau-

rants, people know what to expect from Glider. They hold no surprises.

Cummings is the first to recognize this.

He said their music is "wideranged so not to leave anybody out". "We're hear to have a good time and cover all the material people like," he said.

This they did, offending no one. They played songs from Rolling Stones and ZZ Top, to Michael Jackson and Talking Heads. Their selections had

two strong threads weaving through them; they were all hit songs at one time and all had a danceable rythm.

Glider played seven or eight originals during the night. Cummings said their own music leans towards a new music sound. Lead guitarist, Gary Mleinck offered strong, high-powered playing and movement.

A definite plus with Glider is their strong vocals. Each member sings quite well, whether solo or harmonizing.



In Limbo, one of Conestoga's tied winners really knows how to get down.

Spoke/Christine Sinding



Nothing like a little feedback from a great concert last Thursday at the El Condor Pub.

Spoke/Christine Sinding

Great Performance by Michael John

Michael John's performance had the audience drawn from the very start at last Wednesday night's 'Cabaret Dinner Show' in the cafeteria.

His expected one-hour performance ran for almost two and one-half hours, and not once did the audience get bored.

The entertainment, combined with a lasagna dinner and beer for only two dollars,

consisted of folk, country, and a little bit of rock music.

John had the audience clapping and singing along with him. He even brought up four different students to either sing or carry-on some good times.

John has performed all over the United States and in six countries in Europe. Conestoga was his first Canadian appearance.

John, originally from Pennsylvania, now lives in Ft. Lauderdale with his wife Loretta. Loretta worked here at Conestoga for a number of years and was John's "affiliation with the college" performance. "They took Loretta's word for it" (his ability to entertain) said John. He has been entertaining professionally since 1975, but has been working at it since he was

seven.

The night was full of music from entertainers such as: Neil Young, Kenny Rogers and Harry Chapin. John has been influenced by Chapin in all the years he himself has been performing.

John, a distinguished looking man, had the crowd responding to and helping him out with the performance. He received a standing ovation

and was called back for an encore at the end of his show.

"The essence of the performance is having the audience help out," said John. "I have always done that. It is a divergence for the people."

Everyone congratulated John on his show after he was done. His enthusiasm and ability to relate to the crowd made for a sensational performance.

Silkwood reveals reality

The compelling movie about Karen Silkwood incites both anger and compassion in its viewers by dragging out a series of events in Silkwood's life with only an aura of fact surrounding them.

Set in the country, the movie revolves around a low class group of pathetically ignorant people who depend upon the Keer-McGee Nuclear Plant for their livelihood. Their leisure time, which reflects a sense of desperation coming naturally from such a lot, is spent drinking beer, and smoking butts.

Meryl Streep pulls off a

command performance as the shoddy yet intriguing Silkwood who becomes obsessed with the union after being exposed to radiation. Her obsession inevitably kills her popularity within the plant, repels her lover, played by Kurt Russell, and strains her long established friendship with her live-in lesbian friend played by Cher.

But Silkwood stands her ground, refusing to be dominated by the company which eventually crushes her.

While the movie emotionally captivates the audience, it leaves one pondering its valid-

ity as all of the accusations pointed at the plant were derived from Silkwood's point of view. Not once are the accusations confirmed by any other character.

Director Mike Nichols gives a fine example of his directing skills with Silkwood, a movie already holding five Golden Globe nominations.

Overall, the portrayal is excellent, with characters almost too real to stomach. Silkwood may leave the audience saddened, practically to the point of depression, nevertheless, it is an experience not to be missed!



Tony Molesworth; the juggling comedian with a few tricks up his sleeve.

Entertainer impresses students

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Last week's

Trivia answers

1. House of Commons
2. Numbers
3. A colony
4. Pink
5. Cats
6. A baboon
7. Shalom
8. Lacrosse
9. Marilyn Monroe
10. Murder of a king

Graduate scholarships in housing

CMHC Scholarships are for graduate studies in architecture, business and public administration, economics, engineering, law, environmental studies and behavioural sciences. Personal stipend of \$9,348 plus travel allowance, tuition fees and \$1,494 for each dependant.

If you intend to apply for a graduate scholarship in the field of housing, submit your application through the university by March 16, 1984.

Application forms may be obtained from the office of Graduate Studies at the university, regional offices of CMHC and also by writing to the Administrator, Scholarship Program, National Office, CMHC in Ottawa.

Apply now, as applications with supporting documents must be sent to CMHC by the university not later than April 6.

CMHC

Canada's Housing Agency



Canada Mortgage and Housing Corporation

Honourable Roméo LeBlanc
Minister

Société canadienne
d'hypothèques et de logement

Canada

Noon nonsense

by Patricia Derry

With his combined performance of jokes, juggling and ventriloquism, Comedian Tony Molesworth drew a large crowd at the lounge at noon Monday, the first day of Carnival week.

Molesworth, a talk, lanky man from Toronto, started performing 15 years ago. He recently performed at Caesar's Palace in Las Vegas and other parts of the U.S.A. before coming to Kitchener. He performs at night clubs mostly, but sometimes opens for bands in concert.

The audience did not know how to take Molesworth at first, but it was not long before he had their full attention with jokes about his Honda Civic, macho men and cars, parties and babysitting. The audience loved it all and he appreciated their applause but asked for more response.

He proceeded with his juggling part of the act, while continuing to make jokes, and create impressions with his props.

An unexpected surprise was Molesworth's friend Jake from rent-a-rabbit. Jake came out of a hat and Molesworth carried on a comical conversation with him, through ventriloquism.

Molesworth's unique concept of combining joke telling with juggling started just eight years ago. He first began his career as a magician. He has reduced his prop cases from six to one small case in which Jake takes up most of the room.

"A joke is much lighter to carry around," said Molesworth.

Overall Molesworth gave a personable and entertaining lunch-break performance, which the audience enjoyed immensely.

U2 has raw energy

by Mark Bryson

The pride of the Irish recording industry demonstrates just why they are considered the best live band in the world. The eight-song mini-album, *Under a Blood Red Sky*, is undoubtedly the best live album released in recent memory. If it is possible to store raw energy on vinyl, U2 has accomplished it.

The album, recorded on their last tour, is markedly different from any of their studio efforts. U2, in their struggle to never be repetitive, tone down their "electric" sound and bring out the previously unrecognized talents of bassist Adam Clayton.

Despite Clayton's heroics and the ever present guitar licks of the Edge, it is the sheer strength of Bono Vox's vocal shrieks that make U2 such a gutsy show. His ability to take off in any direction and enjoy himself adds to the spontaneity of a U2 show. He demonstrates this knack dur-

ing "The Electric Co.," when he starts his rendition of "Send in the Clowns."

The high point of the album is now considered their anthem. "Sunday Bloody Sunday," is not only as good as the original from the "War" LP, it is better. Although Bono tells the German audience that the song it is not a rebel song, it shows definite reflections of the turmoil that engulf much of their native Ireland.

Other notable cuts are "Gloria" and "New Year's Day". Both these, like "Sunday Bloody Sunday", are as good as the originals.

Of course, the song that started it all for U2, "I Will Follow" adds more value.

The album package itself while called a mini-LP, is as long as a lot of other groups' full length efforts. It is selling at a ridiculously low price and more than worth the small investment. The next time a live LP comes out as good as this one, it will probably be U2's next live album.

Pat Kennedy's dogs never howl; they growl!

by Audrey Wicken

Wanted to buy German shepherd dogs, one year to 18 months. Contact Pat Kennedy at 658-5675 after six.

Have you ever wondered about this ad in Spoke? Some of us at the Spoke office have. One creative mind even had visions of the poor dogs being chained in cages and having gross medical experiments performed on them.

When Pat Kennedy came into the office to pay for her ad, we were relieved to hear that once she chose a dog it actually got an education and a good home.

Pat, a second year Electronics Engineering Technology - Telecommunications System Program student, trains dogs for guard work. Pat says, "The type of work the dog will eventually do dictates the amount of training it needs. A friend needed a guard dog for a garage. All the dog had to do was bark."

Pat has also trained dogs for personal protection. After a dog is obedience-trained it is taught to attack as well as repel any advances made

toward its owner. The owner must also learn to handle the dog.

Pat says, "Personal protection dogs need lots of training. So do dogs required for sniffing drugs and tracking people."

"Lots of people who want dogs are small business owners. It's cheaper than hiring a security guard and it is tax deductible," says Pat.

Before becoming an adult student, Pat worked for Ash-Rac Kennels, RR#1 Breslau, for two years. She also worked as a security guard with a dog. "One of my jobs was to drive down to a lonely field near the Toronto airport every night to guard an Ontario Hydro crane and work shed."

Pat is a single mother who lives on mothers' allowance. She says, "It's hard to support a child on \$150 a week." She is allowed to earn a little extra money and training dogs is work she enjoys.

When Pat gets a call about her ad, she likes to inspect the dog in its own environment. "If a dog is too friendly to a stranger it won't make a good guard dog. I like to see a dog bark to protect its home."

Pat says, "I always ask why

are you getting rid of the dog before checking the dog over physically. One dog I got recently was a mess. You could see all his bones, but he was smart. I put some weight on him and he only needed a minimum of training before I sold him."

Pat also rents out her own dog, Cher, an eight-year-old purebred German Shepherd. "A florist had a lot of break-ins and needed a guard dog at nights for a while. I dropped her (Cher) off at night and picked her up in the morn-

ing."

Cher is an offspring of Basko, the Waterloo Regional Canine Unit dog that made front page news when it was used in a raid at the Henchmens' clubhouse.

It's hard to believe that Cher is trained to attack when you see her waiting outside the college day-care centre while Pat picks up her 3-year-old daughter Eve.

Pat credits Cher with saving Eve from a dangerous fall. "When Eve was just beginning to crawl, she worked her way

to the top of the stairs. Cher stood firm at the opening until I rescued Eve."

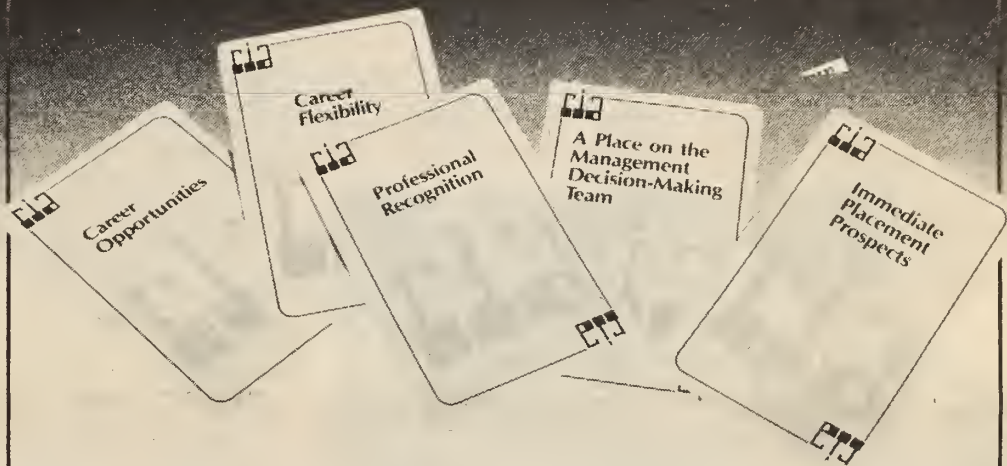
Pat says, "I would love to work with dogs but it's not a well paying job. I came back to school because I want a future for my daughter."

After Pat graduates she plans to apply to the Peel Regional Police Department. "With Telecommunications Systems and my experience with dogs I hope to work my way into the Canine Unit, even though I know I will have to start at the bottom."



Pat Kennedy enjoys a sunny winter day with her daughter Eve and her 8-year-old guard dog Cher.

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Jacqui is coming up roses

by Audrey Wicken

One day a man got on the bus carrying a bottle of wine, a rose and two glasses. I have always wondered about him said Jacqui Stuart, the rose lady at the Liquor Control Board of Ontario store on Erb Street, Waterloo. She is also curious about the women who receive her roses. "It is always for some woman I will never meet. I often ask who the rose is for?"

Jacqui also strikes up a conversation to put people at ease because she is in a wheelchair. "I try not to let them feel uncomfortable. I redirect their attention."

Jacqui sells roses outside the IN and OUT doors when weather permits. The Erb Street location is "ideal" for her. The roof has a large overhang which protects her from the weather. On cold days she wears three sweaters, leg warmers, and a "rose lady hat" as she calls it. Jacqui has a hat to suit the day, ranging from a wide brimmed straw hat, with a red rose, of course, to a burgundy flapper hat for cold days.

Jacqui has Friedreich's ataxia, a progressive, hereditary, spinal disease which causes loss of control over the central nervous system's motor functions. She has been in a wheelchair since she was 17, and over the last 12 years the steady progression of the disease has bent her right foot inward, cramped her hands, and slurred her speech. Six years ago diabetes was diagnosed.

"My body is falling apart, but evidently my heart is really good," said Jacqui. "According to the book, this disease kills people by the time they reach 30." Death is usually caused by degeneration of the heart.

Jacqui uses the money from selling roses to help supplement her disability pension from the government. "Often people ask, what organization is this for? I tell them I work for myself. It helps pay the rent."

Since 1973 Jacqui has been a part time student at the University of Waterloo. At present she is taking courses in Latin and Greek. She carries two courses in the summer and three in the winter. "I will finally get my B.A." said Jacqui. "I have more credits than I need but they were never in the right program. It was my own fault. I was free and liberated and interested in everything. Here I am at 30 and I finally found my gift. I have a feeling for words. My heart is with the monks of the middle ages."

For two years her courses were centered around the Ontario College of Naturopathic Medicine. As part of her treatment she follows an additive-free diet and takes vitamin supplements. Jacqui said her "goal was not to be a naturopath but I was interested in understanding how my body functions. But I switched because I couldn't stop taking things personally."

Selling roses and being a student is only part of Jacqui's life.

"I don't like places for the handicapped," said Jacqui. Even though she appreciates the mobility offered by Proj-

ect Lift (which she uses frequently) she uses her electric wheelchair whenever possible because it makes her more independent.

When Jacqui moved into her apartment in 1977, at the corner of Central and Dorset Streets, her landlord helped her make a few adjustments. The door and trim to the bathroom were removed to accommodate her wheelchair and the sink was removed to allow her to turn the chair. She bought a bath lift so she could take a bath without help.

Friends constructed a ramp to her kitchen door. Her comfortable apartment is shared with her four cats, Hare Krishna, Bobby Seale, Lilly of Lagoon and Lillian. "I like cats and have had as many as eleven at one time. They have lives of their own," said Jacqui.

Jacqui also takes piano lessons and practices a half-hour a day. "It's fun and it helps the cramps in my hands. I enjoy mostly jazz and classical. I took a couple of credits in music so that I get more out of the music."

A poster from a U of W performance by Les Ballets Jazz hangs on the wall next to her phone. "I used to have the phone in the bedroom but I missed a lot of calls because the apartment is on a tilt," said Jacqui with a chuckle. Since having it moved to the kitchen she can coast in the right direction.

Maintenance takes up a large part of Jacqui's morning. By the time she gets bathed and dressed, feeds her cats, and does her housework, she does not always have time to indulge herself in one of her interests, writing short stories and poetry. But she tries to do a little each day.

"Usually I am an observer," said Jacqui, "but I love to communicate and interact with people, selling roses brings me out."

"I'm aware that my wheel-

chair grabs people, but I don't pigeon-hole them, I could not do that." Often people offer her money but she always insists that they take a rose. "I need the cleansing. I don't want them to give me something for nothing," said Jacqui.

The location at the Erb Street LCBO is Jacqui's third location in two years, and the one she likes best. She was at the Highland Road store but said she was exposed to the elements there. At a mall location the manager of the beer store called the police to have her removed, even though she had permission from the mall management.

"The LCBO feels its a good thing for her to be doing," said Ian Moore, the assistant manager of the Erb Street store. "She applied to the head office in Toronto and got permission and we think it's great that she is trying to be independent."

Jacqui said the staff are good to her and the manager "treats me like a daughter."

Jacqui bubbles with laughter when she relates some of her experiences with customers.

One man said he would like to buy three roses but he didn't have any cash left and then offered to trade her some fresh farm produce. She got three cabbages and some giant beets with the tops still fresh for greens.

Another man was waiting impatiently for his change, after buying a dozen roses, to put him at ease Jacqui asked if they were for his wife. "Hell no" he replied, "I just got my divorce".

By the end of October it was too cold for Jacqui to sell roses and she retired until early May, just in time for Mother's Day.

I wonder how many wives have sent their husbands out for a bottle of wine for dinner and been pleasantly surprised when he returned with the wine and a rose as well?



Spoke/Audrey Wicken

Jacqui, the rose lady has become a fixture on Fridays and Saturdays outside the L.C.B.O. store on Erb St. Waterloo.

Condor problems

by Timothy Payne

October 28, 1979 and Conestoga College's soccer Condors played at George Brown and defeated the home team three goals to one.

At the final whistle, players hoisted coach Geoff Johnstone above their shoulders and paraded around the grounds. This was the last time any of the college's varsity teams found an occasion to "do the glory march". In fact, apart from the women's volleyball team of 1978, no other Condor team has ever won a major championship.

"Our coaches are as good as any other in varsity sports," said Dan Young, Athletics Co-ordinator. "We have one of the best sporting complexes, and our players always give to the best of their ability. Everybody gives 100 per cent."

Granted there's room for improvement, and we'd like to win more, but we're quite satisfied at this point."

Indeed, with the combination mentioned by Young, it is hard to see why anyone could be satisfied with anything other than winning.

"We get the students available and put together the best team we possibly can," explains Young. "We're not able to offer scholarships like other colleges do. For instance, Humber was able to recruit three guys who now play for the national olympic hockey teams."

Because of the lack of a recruitment program, the Condors find themselves out-classed by the opposition everytime they take to the ice, court, or field.

Soccer is the only exception. According to Young, all the teams in the varsity tournament are pretty much equal and "there's little separating the first and fourth place teams."

However, team captain Tony DaSilva and coach Geoff Johnstone say it is a lack of interest from more than one quarter which is causing the Condors' mediocre performances.

"We had transportation problems on more than one occasion said Johnstone. "For our most important game of the soccer season we had to get off a bus, which was late, and go straight on to the field."

Meanwhile, DaSilva believes lack of fan support could be a factor.

"We had probably 25 spectators for our best turn-out," he said. "If any team had more it was the hockey guys, and they must have had 26."

Johnstone and DaSilva both hope Conestoga will look closer at the idea of having a recruitment program. Then the Condors might be able to match the competition or better yet, soar above them.



Condors are on the bottom again, during this third period brawl. Spoke/Thadeus Zebroski

Condor's wings clipped

The Conestoga Condors came out flat in the third-period against Sheridan Bruins last Wednesday at Conestoga Arena and allowed two goals en route to a 6-3 loss.

Leading 2-1 after the first period, the Condors gave up three second period goals and trailed 4-3 going into the final period.

Condor goal scorers were Mike Hayes with two, including a short-handed effort, and Glen Schaeffer one.

The Condors had an opportunity to draw closer to the Bruins in the third period as the Bruins received two straight minor penalties. A combination of a rather flat power-play and tenacious checking by the Bruins resulted in the Condors getting no good scoring opportunities.

Any hope faded when the Condors picked up a slashing penalty late in the third.

After the game, coach Dan Young, said his players came

up "a little flat" in the third period but believed Tuesday's 10-9 loss to St. Clair took a lot out of his squad.

Three days earlier the Condors were bombed 10-3 by Humber Hawks. The Condors were never in the game and trailed by scores of 5-0 and 8-1 after the first and second periods. Todd Hoffman scored the other marker.

The three consecutive losses eliminated Conestoga from post-season play.



Spoke/John Clement

Intramural Team of the Week

The "Beaudacious Tah-Tah's" from the Men's Ball Hockey league have been chosen as Intramural Team of the week for the week of Jan. 23-27.

They are currently in first place in the Red Division with a record of three wins and a tie. Team members are: Back; Tom Dietrich, Andy Campbell, Dave Carleton, Dan Dietrich, Dailen Keyes, Jeff Donkers. Front; Mike Allensen, Dan Driedger, Peter Dilworth, Steve Bondy. Absent: Mike Clarke.

All Star no stars

by Mark Bryson

In this day and age of cutting back on unnecessary and frivolous things, it is about time the sporting world packs in the biggest rip-off of all, the all-star game.

The NHL all-star game, held Jan. 31 in New Jersey, was as memorable as the last Pittsburgh Penguin-Hartford Whaler clash.

As I turned on the tube to see exactly who were the all-stars of the NHL, I had little difficulty figuring out why the Russians are the best in the world. Goaltender Murray Bannerman, of the Chicago Black Hawks, played so poorly that he resembled the second-string goalie for the Japanese Olympic team. In Bannerman's defence, his rear guards played like they were thinking of the post-game party rather than demonstrating the skills that make them the 'best'.

The tone of the game was set during the introductions. Where was Mike Bossy and Bryan Trottier? Not to mention Al Jensen, Marcel Dionne and Tony Tanti. The fact is these players did not want to play. Wayne Gretzky went out and played with his shoulder taped together. Like him or not, he's a competitor.

After the introductions and the most horrendous versions of Oh Canada and the Star Spangled Banner performed it was show time.

The game had one body-check. During a first-period power-play, referee Bruce Hood inadvertently flattened Wayne Gretzky. That was probably the most entertaining play of the game.

The real problem is that none of the players wanted to be there, except perhaps for the star-struck 19 year-olds who had no right to be there anyway.

The only solution to the problem is the redesigning of the format. In the good old days it was the Stanley Cup champions who played against the all-stars. This set-up should be put into practise again. On top of having the Stanley Cup champs participate, there should be a certain number of veterans included in the line-ups. The NHL, out of respect, should have included Bobby Clarke and Guy Lafleur in the all-star festivities.

The NHL is not the only league that should scrap the glitter game. The 45-3 blowout in the NFL's Pro Bowl should make Pete Rozelle ponder the virtue of the game.

Of course there is always an exception to the rule. The NBA's all-star game was a magnificent display of talent and the close overtime finish can only boost the popularity of the game.

Obviously there is no way that the hierarchy of pro sports is even considering cancelling the games. There are too many dollars involved and like the rest of the problems in pro sports, it is the root of all evil.

PUNishment

The physician told his sick patient to quit smoking immediately and wanted no if's and's or butts.

Soccer trip planned

The Conestoga varsity soccer team will be travelling to Oneonta, New York, to participate in a series of exhibition games against Oneonta, State University and Hartwick University.

The trip, arranged by varsity coach Geoff Johnstone, is scheduled for the last weekend in April.

Johnstone was hoping to participate in the Notre Dame tournament for the second year in a row but the tourney was called off for this year.

Costs for the trip are being covered by the Athletic budget. This will cover the costs of transportation and meals for

the players. Accommodation expenses will have to be paid by the players. Johnstone is planning to hold a raffle of some kind to pay this expense.

While the majority of the players will be from the varsity team, Johnstone wants to take a few January intakes who are planning to try-out for the varsity squad in September. "I'd like to get a look at what's in store for next year. Right now it looks like we will be very strong."

Besides the games in Oneonta, Johnstone is trying to schedule a game against Cornell University in Ithica.

V-squad squashed

Both the men's and women's volleyball squads were busy with tournament play over the Jan. 28 weekend. Neither team fared too well.

A tier 1 women's tournament was held Friday and Saturday at the Conestoga Centre. Five teams competed in the round-robin event, with first place going to Seneca College, which won all four of its matches.

The Condors of Conestoga were 0-4 for the tournament.

In Oshawa on Saturday and

Sunday, the Conestoga men's team also finished winless in a seven-team tier 1 tournament hosted by Durham College. Sheridan College was the winner with an unbeaten record. Conestoga's best efforts were against Mohawk (16-18, 17-15, 1-15) and host club Durham, (15-13, 12-15, 1-15).

The women's team returns to action Feb. 10 at the Seneca College Invitational in Toronto, and the next tournament for the men is at the Conestoga Centre Feb. 17 and 18.

Schenk top athlete

Doug Schenk, a consistent performer for two seasons for the varsity basketball team, has been selected Conestoga College's Athlete of the Week for the week of January 23.

In an Ontario Colleges Athletic Association (OCAA) game Jan. 26 in Kingston, Schenk hit for a season-high 28

points in Conestoga's 61-57 loss to St. Lawrence College. Two days later, he added eight points in a 66-55 Condor loss to Windsor's St. Clair Saints.

A 21-year-old native of Fergus, Schenk is enrolled in the Business-Accounting program at the Doon campus of Conestoga College.

DSA Board of Directors & Executive Meeting

Wednesday, February 8, 1984

Room 2A66

4:30 p.m.

Attendance is mandatory

Attention All Grads (except Business)

Graduating pictures will be taken Feb. 6, to Feb. 14, at the Conestoga College Complex, 2nd floor. If we have missed you or your program contact Brenda, Shelley or Jacqueline, in the DSA Office, Room 2B05.

Reminder!

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at the Centre*

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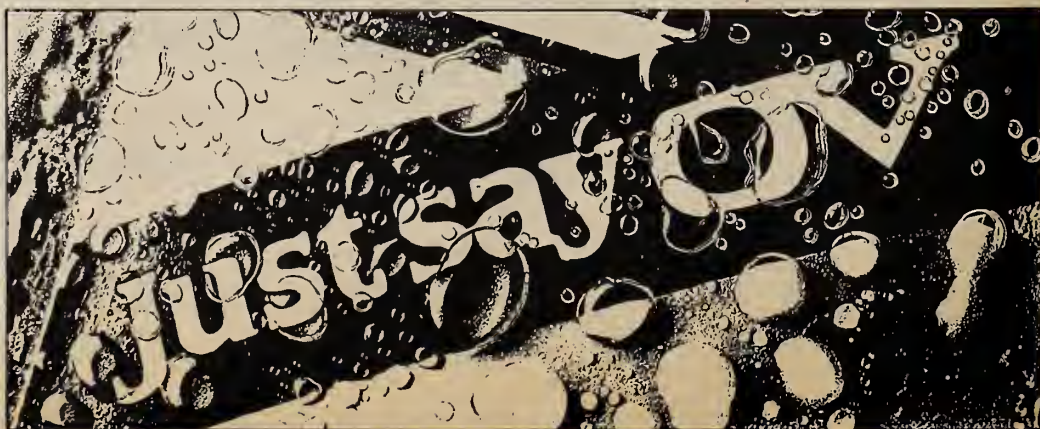
- ☐ is a pass catcher who lines up close to the sideline
- ☐ is a stereo that won't fit on your bookshelf
- ☐ is an overweight gift-recipient

2. A "SHOTGUN FORMATION" IS:

- ☐ a short-punt alignment with the quarterback taking the long snap
- ☐ what you don't want at your wedding
- ☐ a fast can of OV

3. "GIVING 110 PERCENT" REFERS TO:

- ☐ making an extra effort in sports
- ☐ paying back your student loan
- ☐ apologizing to your girlfriend



Smokers can get off the trip down tobacco road

by John Clement

Students who desire to quit smoking, but couldn't make it through Weedless Wednesday without lighting up, should be aware of a self-help quit-smoking program available at the Health Services Office, Doon Campus.

The program, based on study and research done by the American Lung Association, is packaged in two separate booklets.

The first booklet, Freedom from Smoking in 20 Days, is a day-by-day plan to help the smoker to quit. The second booklet, A Lifetime of Freedom from Smoking, is designed to help participants maintain their new non-smoking lifestyle.

"It seems like a pretty good program," said Dr. John Kan, Health Services, Doon Campus. "But you need support. If friends and family are supportive it makes it easier."

"Peer pressure is also very important," added Kan. "When you're trying to quit and people around you are lighting up it makes it very hard."

The twenty days of the first self-help booklet are broken down into three parts. Days one to seven are days of preparation in which you learn about your smoking pattern and the reasons why you smoke.

The seven days of preparation are followed by a nine-day period in which you change your smoking pattern. At the end of this period you quit cold turkey.

In the last four days you develop a system of planning and reviewing your days that's designed to help reinforce the new habit of non-smoking.

The second booklet shows you how to set up a non-smoking maintenance program. It includes how to cope with urges to smoke, tension, feelings, social situations, and the use of self-rewards to help reinforce the decision to stop smoking.

Dr. Kan points out that quitting smoking is one part psychological and one part physical. The psychological part can be handled with willpower and behavior modification. For the second part,

Kan recommends a nicotine gum that will help tide a smoker over during periods of withdrawal.

It has been known for many years that smoking is hazardous to the health. It's been cited as a big cause of heart

disease, cancer, chronic bronchitis, emphysema and ulcers.

Dr. Linus Pauling, famous research scientist, estimates that every cigarette shortens your life 14.4 minutes. This means that every time you throw away an empty pack-

age, you've discarded six hours of your life. At the end of one week, a one-pack-a-day smoker has almost lost two days of his or her life.

Cigarettes rob a person's pocketbook as well as his health. A one-pack-a-day

smoker spends about \$15,000 on cigarettes in his or her lifetime, or about \$600 a year.

These figures, coupled with the average student's traditional small bank account, make kicking the habit an intelligent choice.

Today, young Canadians are asking some tough questions.



"How will I know if my skills will still be in demand when I graduate?"

"I don't even know what I'd be good at, what kind of job should I be looking for?"

"I hear the government has some new training and employment programs, where can I find out if any of them are for me?"



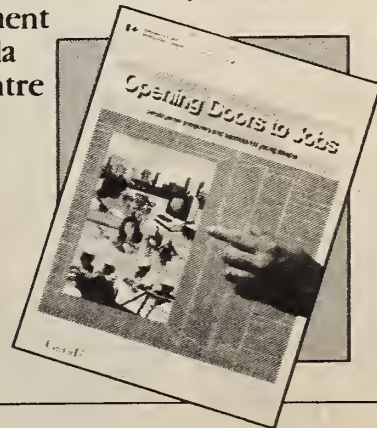
"If nobody wants to give me a job because I've got no experience, how am I supposed to get started?"



"Everyone keeps asking for a resume, how do I write one?"

"I'm looking for a summer job that will help me prepare for a career. Where can I find one?"

Now, there's a new book which answers these questions, and more. It's called "Opening Doors to Jobs" and it contains information on all the programs and services for youth, available at your local Canada Employment Centre, or Canada Employment Centre on Campus. Get a copy, and let us help open some doors for you.



Snack bar proposed

In an attempt to alleviate cafeteria overcrowding and line-ups that occur daily during the noon rush, Jackie Zeeuwenburg, manager of food services has proposed a snack bar for the student lounge. The facility which could be permanently installed in a corner of the lounge would operate during peak hours and provide light meals of the soup and sandwich variety.

The idea which has met with approval from the DSA has yet to be endorsed by Beaver Foods management.

Mac Rostance, manager, physical resources, while not dismissing the concept in principle, has reservations. Citing the probability of increased littering in the lounge area, he says the suggestion requires further consideration.



Employment and
Immigration Canada
John Roberts, Minister

Emploi et
Immigration Canada
John Roberts, Ministre

Canada

Thin may be in but fat's where it's at

by Tricia Hermitage

They say inside every fat person is a thin person waiting to get out. With our most recent census at 24.8 million and approximately one-half of those people overweight, the actual population is probably in excess of 36 million.

In the past 20 years, weight control has become our national pastime. Every minute of every day, somebody somewhere is checking the scales or pinching an inch. Our mania for slimmness has created whole new industries and given new life and scope to every facet of the economy.

It was not always thus. We have not always been perennial dieters. In bygone years, corpulence was a sign of wealth, an indication of having made it in the world. Only the prosperous could afford to

indulge their capacious appetites.

For centuries, the great masters of brush and canvas captured the essence of beautiful men and women. From Raphael to Rembrandt, Degas to Picasso (in his early works), they all portrayed the human figure in its natural state - fleshy.

It is difficult to pinpoint the actual beginning of the skinny revolution. In 1959, The Metropolitan Life Insurance Company published a table of ideal weights based on a study done by the Society of Actuaries. Suddenly, people were standing taller, trying for that extra inch of height that would make them tall enough for their weight. Almost overnight, Canadians to a man acquired a 'large frame' which allowed an additional 15 to 20 acceptable pounds.

All this might have been no more than a passing fancy, a minor inconvenience, but somebody recognized a golden opportunity.

Designed to make us uncomfortable in front of a mirror and guilty over every piece of chocolate cake, an ingenious plot was developed and perpetrated on a pleasingly plump and gullible public.

A whole new industry was born to accommodate the throngs of people being conditioned to dissatisfaction with their Falstaffian appearances.

Diet control clinics mushroomed. There, in the company of fellow fatties, and for a modest fee, one could endure the humiliation of public weigh-ins, be consoled by accounts of others' gluttonous misdeeds and carry away a carefully calculated diet plan

that didn't total 8,000 calories for the entire week!

Regular exercise in conjunction with controlled diet became the method recommended by most weight experts (and they are legion). Health centres bounded into the breach. Elegant retreats, decorated with the latest in fitness equipment, required only that members appear on the premises, preferably attired in designer sweatsuits. The machinery, it was advertised, would do the work, pushing and pulling us into the shape of our dreams.

Our daily bread underwent drastic changes. Pre-packaged, calorie-reduced, sugar-free, vitamin-enriched comestibles lined the shelves in giant supermarkets. Only the vibrant packaging bore any resemblance to the original food. Inside was a chopped, pressed,

moulded and extruded facsimile. Bacon and eggs in a glass, crock pot stew in a paper cup.

Still, some people couldn't master the art of slim. Drastic measures were needed. Everyone who had ever eaten wrote a book on how to lose weight. Whole forests disappeared to supply paper for the volumes of quick-loss, never-fail, ultimate diet manuals. The writers got rich. The readers stayed round.

The desperate resorted to Draconian measures. Hypnosis, acupuncture, stomach stapling and jaw wiring each developed cadres of followers.

The glue that held this entire deception together was advertising with the enthusiastic aid of the mass media. Advertising told us slim was beautiful, beautiful was happy and happy was fulfilled.

But the little (big) people are fighting back. A study completed recently in California determined that although the average woman has gained 23 pounds after 13 years of marriage, her husband still finds her exciting.

Gourmand dining as a form of entertainment is on the increase as deserters from the reducing ranks eagerly blow the week's grocery budget on escargots and veal Oscar, Caesar salad and cherry cheese cake.

We just may be winning. Metropolitan Life released a new index of ideal weights last year. This first revision of the 1959 table authorizes us to carry around an additional 10 to 15 pounds.

Recent medical research has also concluded what most of us already knew - wearing those extra 10 pounds is better for our health than the constant physical aggravation and emotional irritation of dieting.

The end of this mockery of the natural human condition may be in sight. Goodness knows our feet aren't.

Camping in style

Jonas Bingeman, in accordance with Bensen's Restaurant, sponsored a gourmet lunch on January 31, for the two 'Arctic Survivors', Norm Bertrand and Paul Buttinger.

Robert Cebrun, Bensen's assistant manager, and Fred Cornish, from Kitchener caterers, were on hand with New York sirloins, a bottle of 'grape juice', a vase with carnations, and all the trimmings to make the meal wonderful as possible.

Bertrand was singing the song "If my friends could see me now," while he waited for his lunch to be served.

"It's an experience for us too!" said Cebrun as he prepared the meal on a Coleman stove.

The meal was just one of many sponsored gifts from within the community to the men who are helping to raise money for Big Brothers.

Wanted to buy German shepherd dogs, one year to 18 months. Contact Pat Kennedy at 658-5675 after six.



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Secretariat for Social Development

Ontario Youth Secretariat In co-operation with the Royal Bank and the Ontario Chamber of Commerce.

